

ALL PURPOSE EGG MIX, DRY

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 06/26/01

Product Description

All Purpose Egg Mix contains dried whole eggs, maltodextrin (a starch), vegetable oil, salt, and citric acid.

Pack

The egg mix is packed in a 6-ounce package. Each 6-ounce package is equivalent to ten large eggs.

Storage

- Store unopened bags of all purpose egg mix in a cool, dry place. Store opened packages of egg mix in the refrigerator, either in the resealable bag or in a tightly closed container.
- For **best quality**, use all purpose egg mix within 12 months of receipt.
- Reconstitute only the quantity of all purpose egg mix needed for the recipe and use immediately. Discard any unused reconstituted egg mix.

Preparation

- Reconstitute the all purpose egg mix by mixing one part egg mix with two parts water.
- Sift all purpose egg mix into required amount of warm water in a mixing bowl. Mix with a fork or whisk until well blended.
- Two tablespoons egg mix and ¼-cup of water equal approximately 1 raw egg.

(See recipes on reverse side)



U.S. Department of Agriculture

Uses and Tips

- All purpose egg mix can be reconstituted for use in recipes; or it can be sifted with the dry ingredients, adding the required water to other liquid ingredients.
- Egg mix can be used in recipes such as cakes, muffins, cookies, casseroles, and scrambled eggs.

Nutrition Information

- ***All Purpose Egg Mix*** is a source of protein, vitamin A, and calcium, as well as other vitamins and minerals.
- 1 ounce of egg mix counts as 1 ounce of lean meat from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid

Nutrition Facts

Serving size 2 Tablespoons (.6 ounces) (17g)
all purpose egg mix

Amount Per Serving

Calories	90	Fat Cal	50
% Daily Value*			
Total Fat	6.0g		9%
Saturated Fat	1.5g		8%
Cholesterol	210mg		70%
Sodium	105mg		4%
Total Carbohydrate	4g		1%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet

Stovetop Scrambled Eggs

1½ cups warm water
3 ounces (¾ cup) dry all purpose egg mix
2½ tablespoons fluid lowfat milk or reconstituted nonfat dry milk
1/16 teaspoon pepper
1 teaspoon margarine, butter, or vegetable oil

Options: Scramble eggs with:

- chopped green onions, tomatoes, green peppers, ham, turkey, tuna, grated cheddar or Swiss cheese
- cooked vegetables such as mushrooms, broccoli, onions, tomatoes, asparagus, or spinach
- a pinch of favorite seasonings such as parsley or basil
- or serve on a toasted bagel, English muffin, or in a tortilla

1. Pour water into mixing bowl. Sift in egg mix and blend with a fork or whisk.
1. Add milk and pepper.
2. In a large skillet, melt margarine over medium heat until sizzling. Pour in egg mixture.
3. Cook, without stirring, until mixture begins to set on the bottom and around edge.
4. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked portion flows underneath.
5. Continue cooking over medium heat for 2 to 3 minutes or until eggs are cooked throughout but are still moist. Remove from heat immediately.

Makes about 6 (1 egg) servings

Nutrition Information for each serving of Stovetop Scrambled Eggs:

Calories	67	Cholesterol	2 mg	Sugar	0 g	Calcium	519 mg
Calories from Fat	6	Sodium	36 mg	Protein	0 g	Iron	.6 mg
Total Fat	.7 g	Total Carbohydrate	16 g	Vitamin A	10 RE		
Saturated Fat	.4 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Apple Baked Pancake

1 tablespoon butter
3 tablespoons sugar
¾ teaspoon cinnamon
1 large cooking apple, cored and sliced
¼ cup flour
1 tablespoon sugar
¼ cup + 2 tablespoons egg mix
¼ teaspoon salt
¾ cup water
½ cup lowfat milk or reconstituted nonfat dry milk

Recipe provided by American Egg Board

1. In an 8" baking pan, over medium heat, melt the butter.
2. Stir in the sugar and cinnamon.
3. Saute the apple slices in the sugar mixture, turning occasionally, until crisp-tender, about 3-4 minutes.
4. Arrange slices neatly on bottom of pan.
5. Mix together the flour, sugar, egg mix, and salt.
6. Combine the water and milk and beat into the flour mixture until smooth.
7. Pour over the hot apple slices and bake in a preheated 375°F oven until golden brown and sides are puffy, about 15 minutes.
8. Serve immediately - the puff will fall, so serve the pancake the moment it comes out of the oven.

Makes about 3 (1 egg) servings

Nutrition Information for each serving of Apple Baked Pancake:

Calories	258	Cholesterol	106 mg	Sugar	24 g	Calcium	130 mg
Calories from fat	81	Sodium	366 mg	Protein	8 g	Iron	1.3 mg
Total Fat	9.0 g	Total Carbohydrate	37 g	Vitamin A	107 RE		
Saturated Fat	3.8 g	Dietary Fiber	1 g	Vitamin C	4 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.